Indian River State College
RN Refresher Course

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Office hours: Call to schedule.

Course Number: HSC 2939 C

Course Name: RN Refresher Course

Credit Hours: 5 and/or (75 CEUs)

Prerequisite: Student must have an unrestricted Florida RN license.

Class Meetings: See Course Calendar for class dates.


Course Description:

This course focuses on the needs of Registered Nurses returning to practice. This course allows the returning nurse to rediscover skills for professional nursing practice including: the nursing process, physical assessment, pathophysiology, pharmacology, cultural competency, basic ECG skills, IV and nutritional therapy, documentation, and a review of the role of the nurse. Technology and concepts in health care informatics are reviewed. The course culminates with lab simulations for the medical-surgical area and ACLS response.

Major Learning Outcomes:

At the successful completion of the course, students should be prepared to:

1. Identify the role of today’s nurse and the nursing process.
2. Understand the needed skills to practice as a professional provider of nursing care and member of the nursing profession.
3. Identify changes that have occurred to provide safe and effective nursing care in clinical situations.
4. Demonstrate efficiency to move into a staff nursing preceptor/orientation.
5. Demonstrate knowledge of medication administration and IV therapy to practice safely and prevent medication errors.
6. Demonstrate documentation and culturally competent communication skills.

The nurse refresher course utilizes a human systems approach and incorporates the following threads throughout the course. The concepts presented are a basic framework into which the returning RN must integrate with skills to demonstrate a successful clinical performance.

**Nursing Process**

The nursing process is utilized in the assessment of patient needs, in the diagnosis of nursing problems, and in the planning, implementation and evaluation of nursing care. Prioritization and management of nursing care are emphasized throughout the course.

**Physical Assessment**

Physical assessment reviews basic assessment skills to identify purpose and methods used in physical examination. The two components: history and the physical exam are discussed.

**Pathophysiology**

Abnormal physiological functioning (pathophysiology) is defined as the changes that emphasize the cause of the condition and the changes that occur within the body. Nursing assessment, diagnosis, and effective planning of care is dependent upon the understanding of the pathophysiology of the various conditions.

**Pharmacology**

This course reviews professional standards pertinent to safe practice of administration of medications. Nursing accountability and recognition of critical thinking as related to pharmacology is discussed. Changes which have occurred regarding E-Mar documentation and facility formularies are reviewed.

**ECG Skills**

Rhythm Strips to 12–Leads. Basic telemetry monitoring dedicated to the care of patients on telemetry (remote cardiac monitoring) is reviewed. Review of heart rhythms and rates will provide a foundation for basic patient monitoring in the medical settings.

**IV and Nutritional Therapy**
Basic review of principles of IV therapy including: preparation, medication administration, and infusion. Nutrition is a vital part of the client’s care. Review of Nasogastric and PEG tubes, and Total Parenteral Nutrition.

**Documentation and the Role of the Nurse**

Methods of documentation are discussed. Electronic charting for nursing documentation is discussed.

**Professional Responsibilities**

Nurses participate as a professional member of the health care team and as a member within the discipline of nursing. Members of the nursing profession value and demonstrate qualities of professionalism: honesty, respect, accountability, non-judgmental attitude, trustworthiness, caring, professional appearance, confidentiality, tact and teamwork.

**Psychosocial, Cultural and Spiritual Beings**

Individuals are influenced by their environment. The understanding of psychosocial and cultural components is important to nurses. Cultural competency is a professional responsibility in providing care. All of these are addressed throughout the curriculum.

**Legal and Ethical Concepts**

Legal and ethical concepts are emphasized throughout the course. Ethics are rules and principles that govern behavior. Legal concepts include rules of conduct recognized as binding by authority.

**Community**

Care of the client is considered within the context of their family, community and culture. The curriculum exposes the student to different community practice settings (e.g. home care, rehabilitation centers, doctor’s offices, clinics, hospice) while focusing on health promotion and the three levels of prevention (primary, secondary, and tertiary).

**Safety and Disaster Preparedness**

2008 National Patient Safety Goals Hospital Program is reviewed. Basic disaster preparedness is and fire safety is reviewed.

The course focus will assist the returning RN to integrate new and previously learned experiences into the current acute care environment.

**Completion of Learning Outcomes:**

Successful completion of learning outcomes will demonstrate the ability of each student to retain the course content. Students will complete simulation projects. Simulation will include a mock rapid response
scenario. Discussions will provide evidence of the student’s ability to master skills and analyze the course content. Successful completion of a pharmacology exam will be required to enter a clinical orientation.

Evaluation will take into account a successful completion of course and attendance, student’s participation and class etiquette which includes a professional manner. Effective use of technology must be incorporated to document healthcare with relationship to the care of the patient.

The instructor reserves the right to make changes to the syllabus.

Grading:

1. Pharmacology Exam
2. Lab demonstrations
3. Case Study
4. Simulation
5. Communication

**Grades (Pass/Fail).**

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